

Abstract

A clip including two plates that preferably are substantially parallel, a spacer that connects the plates and that holds the plates apart by a gap, and at least one part of a hook-and-loop fastener attached to at least one of the plates opposite the other of the plates. Also, a clip  
5 including a plate, one or more structures for fastening the plate to an object, and at least one part of a hook-and-loop fastener attached to the plate. In addition, a method of using such clips.